



THERAPY ASSOCIATES
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Stairs with Crutches

Going up stairs:



1. Start close to the bottom step and push down with your hands.
2. Step up to the first step leading with your good leg.
3. Step up with your injured/surgical leg, then move crutches up to the step you are standing on.
4. Repeat for each step.

Going down stairs:



1. Start on the edge or the step, keeping your hips beneath you.
2. Slowly bring the crutches with your injured/surgical leg down to the next step. Be sure to bend at the hips and knees to prevent leaning too far forward.
3. Bring your good leg down to the step to meet your bad leg.
4. Repeat for each step.